



# COOKING WITH JAN

## RECIPES AT COBORN'S & kokk.com ~ October 11, 2017

### *Football, Tailgating, Comfort Food*

#### ONE PAN BEEF FAJITAS

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| 2 CUPS SLICED ONIONS   | 1 MEDIUM BELL PEPPER, CUT INTO STRIPS |
| 2 TBLS VEGETABLE OIL   | 1 PKG TACO SEASONING                  |
| 1 LB BONELESS SIRLOIN STEAK                                      | 8—6" FLOUR TORTILLAS                  |
| <b>TOPPINGS</b> SOUR CREAM, SALSA, CHOPPED CILANTRO, LIME WEDGES |                                       |

PREHEAT OVEN TO 400 DEGREES; SPRAY 18X13" RIMMED BAKING SHEET WITH COOKING SPRAY. ADD THE CHOPPED ONIONS & BELL PEPPER STRIPS TO THE SHEET PAN; DRIZZLE WITH 1 TBLS OF COOKING OIL. SPRINKLE 2 TBLS OF THE TACO SEASONING OVER THE TOP OF THE VEGGIES; STIR TO COAT, SPREADING EVENLY IN THE PAN. BAKE FOR 15 MINUTES; REMOVE FROM OVEN & STIR. CUT THE STEAK INTO 1/4" STRIPS; PLACE IN SMALL BOWL. ADD THE REMAINING 1 TBLS OF OIL AND THE REMAINING TACO SEASONING; MIX UNTIL WELL COMBINED AND MEAT IS COATED. PLACE ON THE PAN WITH THE VEGGIES; BAKE 7-9 MINUTES LONGER OR UNTIL BEEF IS NO LONGER PINK AND THE VEGGIES ARE TENDER. HEAT THE TORTILLAS AS DIRECTED ON PACKAGE. USING TONGS, TRANSFER THE STEAK MIXTURE TO SERVING PLATTER. TO SERVE, SPOON STEAK & VEGGIES ONTO EACH TORTILLA; ADD SOUR CREAM, SALSA, CHOPPED CILANTRO, LIME WEDGES, IF DESIRED. SERVE WITH GREEN SALAD FOR A MEAL.

#### CHICKEN POT PIE TURNOVERS

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| 3 TBLS BUTTER                 | 1 1/2 CUPS FROZEN MIXED VEGETABLE     |
| 3 TBLS FLOUR                  | 1 CUP CHICKEN BROTH                   |
| 2 TBLS HEAVY WHIPPING CREAM   | 1 TSP <b>EACH</b> SALT & BLACK PEPPER |
| 1 BOX REFRIGERATED PIE CRUSTS | 1 1/2 CUPS COOKED CHICKEN BREASTS     |

PREHEAT OVEN TO 400 DEGREES. IN 2-QUART SAUCEPAN, MELT BUTTER OVER MEDIUM HIGH HEAT. STIR IN FROZEN VEGGIES; COOK FOR 3 MINUTES. SPRINKLE FLOUR OVER THE VEGGIES; STIR WELL AND COOK FOR 1 MINUTE. BEAT THE BROTH INTO THE VEGGIE MIXTURE WITH A WHISK; COOK OVER MEDIUM-HIGH HEAT, WHISKING CONSTANTLY, FOR 2-3 MINUTES OR UNTIL THICKENED. WHEN THE CHICKEN BREASTS ARE COOLED, DICE OR CHOP. ADD THE CHICKEN, THE WHIPPING CREAM, SALT AND PEPPER; CONTINUE COOKING FOR 2 MINUTES. REMOVE FROM HEAT; COOL FOR 10-12 MINUTES. UNROLL THE PIE CRUSTS ON YOUR WORK SURFACE; LIGHTLY ROLL TO MAKE A LITTLE LARGER. CUT 5" DIAMETER CIRCLES IN THE CRUST, RESERVING SCRAPS TO REROLL TO CUT A TOTAL OF 8 CIRCLES. PLACE ON 2 UNGREASED LARGE BAKING SHEETS. SPOON 2-3 TBLS CHICKEN FILLING INTO EACH CRUST; FOLD OVER. PRESS WITH FORK TO SEAL. BAKE ABOUT 15 MINUTES OR UNTIL GOLDEN BROWN.

#### PASTA WITH PUMPKIN & SAUSAGE

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| 2 TBLS EXTRA VIRGIN OLIVE OIL      | 1 LB BULK ITALIAN SAUSAGE          |
| 4 CLOVES GARLIC, CRACKED & CHOPPED | 1 MEDIUM ONION, FINELY CHOPPED     |
| 1 BAY LEAF, FRESH OR DRIED         | 4-6 SPRIGS SAGE LEAVES             |
| 1 CUP DRY WHITE WINE               | 1 CUP CHICKEN STOCK                |
| 1/2 CUP HEAVY WHIPPING CREAM       | 1/8 TSP CINNAMON                   |
| 1/2 TSP GROUND NUTMEG              | 1 CUP CANNED PUMPKIN (NOT PIE MIX) |
| 1 LB SMALL PASTA                   | SALT & BLACK PEPPER                |
| ROMANO CHEESE                      | WHOLE GRAIN BREAD                  |

HEAT LARGE DEEP SKILLET; ADD 1 TBLS OLIVE OIL. BROWN THE SAUSAGE; TRANSFER TO A PAPER TOWEL LINED PLATE. DRAIN FAT FROM SKILLET; ADD THE REMAINING 1 TBLS OF OLIVE OIL, GARLIC AND ONIONS. SAUTE FOR 3-5 MINUTES OR UNTIL THE ONIONS ARE TENDER. ADD BAY LEAF, SAGE AND WINE; SIMMER FOR 2-4 MINUTES. ADD CHICKEN STOCK AND PUMPKIN; STIR TO COMBINE, STIRRING THE SAUCE UNTIL IT COMES TO A BUBBLE. RETURN THE SAUSAGE TO THE PAN, REDUCE HEAT AND SLOWLY ADD THE CREAM. SEASON THE SAUCE WITH THE CINNAMON & NUTMEG, SALT & PEPPER; SIMMER FOR 5-10 MINUTES TO THICKEN THE SAUCE. COOL THE PASTA AS DIRECTED ON PACKAGE; DRAIN, THEN RETURN TO COOKING POT. REMOVE BAY LEAF FROM THE CREAM SAUCE; POUR SAUCE OVER TOP OF PASTA. COMBINE THE SAUCE & PASTA AND HEAT ON LOW HEAT FOR 1 MINUTE. GARNISH WITH LOTS OF GRATED ROMANO CHEESE; SERVE WITH A SPINACH SALAD & WHOLE GRAIN, RYE OR PUMPERNICKLE BREAD. MAKES 4 SERVINGS AND IS A YUMMY FALL MEAL.

**HOLIDAY RECIPES WILL BEGIN NEXT WEEK ~ HALLOWEEN, THANKSGIVING & CHRISTMAS!**